

(Monroe Institute Blog - January 16, 2021)

## BE THE LIGHT

Our mission at the Monroe Institute is to help people create more meaningful and joyful lives through the guided exploration of expanded consciousness. As a “consciousness” institute, we represent empathetic and inclusive values and do not support divisive language or expressions.

In pursuing our mission, we actively strive to remain apolitical and accepting of everyone. In light of recent events in the United States we feel the need to unequivocally state that we condemn, in the strongest terms possible, the actions of those who act with violence and foster fear, division, and darkness over love and light.

Enjoy this free meditation on peace and healing.

*(See the link in the details section below.)*



This Peace Healing Blessing derives from Hindu tradition. Open up to the blessing for your own peaceful wellbeing or focus the healing energy outward into the world.

Music by Leigh Ann Phillips

